



berry Tasty Muffins

No-stick cooking spray

1 $\frac{3}{4}$ cups flour
1 Tbsp baking powder
 $\frac{3}{4}$ cup sugar

1 egg, slightly beaten
1 cup milk
 $\frac{1}{4}$ cup vegetable oil

1 cup berries
 $\frac{1}{4}$ cup flour

1 Heat oven to 400°F.

2 Coat 12 muffin cups (muffin pan) with no-stick cooking spray.

3 Mix 1 $\frac{3}{4}$ cups flour, baking powder and sugar in a large bowl.

4 Mix the egg, milk and oil in a separate bowl.

5 Add the egg mixture to the flour mixture. Stir just to combine.

6 Coat berries with $\frac{1}{4}$ cup flour. Gently stir berries into batter.

7 Fill muffin cups $\frac{2}{3}$ full with batter. Bake 15 minutes or until lightly browned. Let cool 5 minutes. Remove muffins from pan and cool completely.

